

The Eight Disciplinary Principles

1. *Pānātipāta veramani sikkhāpadaṇ samādiyāmi*

I accept the disciplinary principle of avoiding disrespect for life.

2. *Adinnādāna veramani sikkhāpadaṇ samādiyami*

I accept the disciplinary principle of avoiding stealing.

3. *Kāmesu miccācāra veramani sikkhāpadaṇ samādiyami*

I accept the disciplinary principle of avoiding sexual misconduct.

4. *Musāvāda veramani sikkhāpadaṇ samādiyami*

I accept the disciplinary principle of avoiding false speech.

5. *Surāmeraya majja pamādatthānā veramani sikkhāpadaṇ samādiyami*

I accept the disciplinary principle of avoiding intoxicants that lead to inebriation and abreaction.

6. *Vikala bhojanā veramani sikkhāpadaṇ samādiyami*

I accept the disciplinary principle of avoiding untimely meals.

7. *Nacca, gita, vadita, visuka, dassana; mala, gandha, vilepana, dharana, mandana, vibhusanattana; veramani sikkhāpadaṇ samādiyami*

I accept the disciplinary principle of avoiding shows containing dancing, singing, music, or humor; and avoiding adornments such as garlands, perfumes, unguents, dresses, and ornaments.

8. *Uccā sayanā mahā sayanā veramani sikkhāpadaṇ samādiyami*

I accept the disciplinary principle of avoiding the use of elegant and luxurious furniture.